

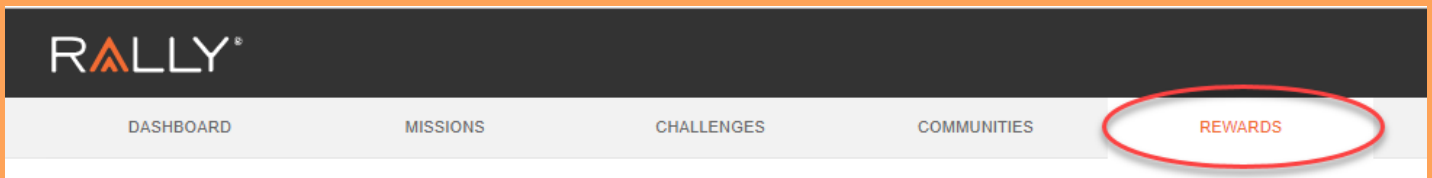


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# BenefitsWise

*"BETTER BENEFITS THROUGH COLLABORATION"*

## Redeem Now in Rally!



**Thanks to your engagement...** We are proud to report our covered members and spouses contributed to another successful year of BlueRewards powered by Rally! *Way to go!*

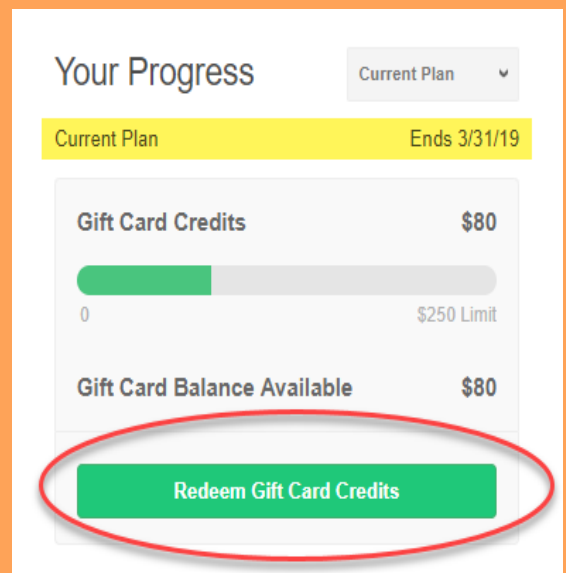
ICUBA wants to recognize our engaged members for a job well done. More than **25,000** activities have been completed which include program activities like annual wellness visits to your PCP, onsite events, preventive screenings, and biometrics; just to name a few. After completing the Rally Survey (*gatekeeper details, see page 2*), these activities are worth real dollars redeemable for electronic gift cards in Rally.

Private sweepstakes were a big hit this year too — More than 100 sweepstakes prizes were awarded including \$50 Amazon gift cards, resistance workout bands, travel tumbler mugs, healthy cookbooks, wireless headphones, and many more items. Keep syncing your device and participating in Rally City Challenges and checking into Rally Missions for a chance to win.

We are so proud of our members that are actively involved on the path to better overall wellbeing.

***Please note:***

Unused dollars will not carry into the next plan year, so we encourage you to spend your dollars now. **Please visit the rewards tab to redeem current incentive dollars for electronic gift cards by 03/31/19!** A short runout period will apply for activities achieved in late March.



### Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP and Aetna Navigator and of course, the ICUBA MasterCard!

## SurgeryPlus+

ICUBA is proud to introduce an exciting new partnership with SurgeryPlus+. Beginning April 1, 2019, this specialized benefit will supplement your election in an ICUBA Medical Plan.

If you are a candidate for a non-emergent, medically necessary surgical procedure we encourage you to contact our partners at SurgeryPlus+. Starting April 1, the concierge team will assist you in locating a Surgeon of Excellence best suited for your needs and will coordinate appointments, procedure and travel logistics, as appropriate.

Please watch for more information and ID cards coming soon in your home mailbox. If you consult SurgeryPlus+ and use their Surgeons of Excellence network, the coinsurance and deductible will be waived for the surgical procedure.

*Please keep in mind, follow-up care such as physical therapy will still be covered by BCBS and necessary prescription drugs will be covered under Optum and coinsurance or copays will still apply for services following the surgical procedure.*

## Rally Survey — Gatekeeper!

Don't forget about our **gatekeeper!** ICUBA's Blue Rewards powered by Rally program lets you (and your covered spouse) earn up to \$250 in electronic gift cards — but you must get past the gatekeeper and be sure to complete your Rally Survey.

### What you need to do:

1. First, log in to your My Health Toolkit® account from the SSO section at <http://ICUBAbenefits.org> or for participating spouses by visiting [www.MyHealthToolkitFL.com](http://www.MyHealthToolkitFL.com). Then, log in to Rally.
2. Under your **Profile**, complete the Rally Survey to gain access to pending incentives.
3. Within Rally, choose and redeem any gift cards you've earned by the end of the plan year (deadline 03/31/2019).

After completion of this survey, you may redeem your rewards for program activities such as getting a physical exam, a biometric screening or a mammogram/PSA, as applicable.

## Having a hard time feeling grateful?

*"Life is really simple, but we insist on making it complicated." — Confucius*

Having a hard time feeling grateful? Try focusing on just one thing at a time. When we are distracted, it can be hard to feel grateful. Instead of focusing on one thing, you may find yourself focusing on three or four things at a time.

Think about something as simple as eating a meal. When is the last time you ate without looking at your phone or cleaning up the kitchen at the same time? It can be challenging to feel appreciative when your mind is preoccupied. By really honing in – tasting the flavor and feeling the texture of your meal – it's possible to feel more satisfied. By focusing on just one thing at a time, you can work toward feeling grateful for each part of the day.

Challenge yourself to focus on just one thing at a time — the **MyStrength** app offers tools to focus on being grateful and the Resources for Living EAP is a good resource too. The **Rally** app also has missions to help you pause and appreciate the little things in life.



The **MyStrength** app allows you to access information, support and resources to help you manage the issues that impact your work, life and wellbeing.



The **Rally Health** app gives you direct access to ICUBA's interactive wellbeing program, Blue Rewards powered by Rally Health. Download this app and sync it with your favorite fitness device to start earning dollars and coins today!

*Resources for Living  
1-877-398-5816 — Option 1 for EAP!*

